Check Point

Instructions: Read the question then click the mouse on your answer. You will receive immediate feedback on your answer.

Click on the next button to continue.

Which of the following correctly identifies the required substance abuse training that each Soldiers must receive each year.

- 1 hours per year
- 2 hours per year
- 3 hours per year
- 4 hours per year

NEXT

Check Point

Instructions: Read the question then click the mouse on your answer. You will receive immediate feedback on your answer.

Click on the next button to continue.

_____ are drugs that can slow down normal brain functions.

- CNS Stimulants
- Hallucinogens
- CNS Depressants
- Club Drugs

NEXT

Check Point

Instructions: Read the question then click the mouse on your answer. You will receive immediate feedback on your answer.

Click on the next button to continue.

Caffeine, Ritalin, Amphetamines, Methamphetamine, and Cocaine are all classified as:

- CNS Stimulants
- Hallucinogens
- CNS Depressants
- Club Drugs

NEXT

Check Point

Instructions: Read the question then click the mouse on your answer. You will receive immediate feedback on your answer.

Click on the next button to continue.

A standard alcohol drink is considered to be:

- 12-ounce bottle/can of beer
- 5-ounce glass of wine
- 1.5 ounces of 80-proof Whiskey
- All of the these

NEXT

Check Point

Instructions: Read the question then click the mouse on your answer. You will receive immediate feedback on your answer.

Click on the next button to continue.

The legal alcohol limit on duty is 0.05% and the legal driving limit is 0.08%.

TRUE **FALSE**

NEXT

Check Point

Instructions: Read the question then click the mouse on your answer. You will receive immediate feedback on your answer.

Click on the next button to continue.

Enabling is defined as: The actions of others -- including leaders, supervisors & peers -- that allow or encourage alcohol and/or other drug abuse to continue or worsen by preventing the abuser from experiencing the negative consequences of th

TRUE **FALSE**

NEXT

Check Point

Instructions: Read the question then click the mouse on your answer. You will receive immediate feedback on your answer.

Click on the next button to continue.

Responsible drinking is defined as: Drinking in a way that does not adversely effect an individual's ability to fulfill their legal, moral, or social obligations nor does it negatively impact their health, job performance, or quality of life.

TRUE **FALSE**

NEXT

Check Point

That is CORRECT, Great Job !!!

Check Point

Sorry, but you are incorrect.

Introduction to Training

- **Requirements:**
  - **Ensure that the Soldiers in your unit receive four (4) hours of drug and/or alcohol awareness training annually.**
  - **Assist the commander in briefing new Soldiers on the Unit Substance Abuse Program. (Newcomers briefings)**

What are CNS Depressants?

- Drugs that depress the overall functioning of the Central Nervous System (CNS).
- CNS Depressants are drugs that can slow down normal brain functions.
- Depressants are used to induce sedation, muscle relaxation and drowsiness.

Types of CNS Stimulants

- **Caffeine – The most commonly used stimulant.**
- **Ritalin – Ritalin and some other stimulants are often prescribed to treat children with Attention Deficit Disorder.**
- **Amphetamines – Some types of amphetamines are used to treat people with narcolepsy and severe obesity.**
- **Methamphetamine**
- **Cocaine**
- **Crack Cocaine**

What is Alcohol?

- A standard alcohol drink is considered to be:
  - One 12-ounce bottle of beer/wine cooler
  - One 5-ounce glass of wine
  - 1.5 ounces of 80-proof distilled spirits.
- Alcohol is also known as:
  - Booze
  - Juice

Effects of Alcohol and BAC

BAC	Effects
.02 - .03	No loss of coordination, slight euphoria and loss of shyness. Depressant effects are not apparent.
.04 - .06	Feeling of well-being, relaxation, euphoria, and lower inhibitions. Minor impairment of reasoning and memory. .05 is the legal limit on duty in the U.S. Army.
.07 - .09	Slight impairment of balance, speech, vision, and reaction time. Judgment and self-control are reduced, caution and reason are impaired. In most states the legal limit is .08.
.1 - .125	Significant impairment of motor coordination and loss of good judgment. Speech is slurred and balance, vision, reaction time, and hearing are impaired. It is illegal in all states to operate a motor vehicle at this stage.

What is Enabling?

The actions of others -- including leaders, supervisors & peers -- that allow or encourage alcohol and/or other drug abuse to continue or worsen by preventing the abuser from experiencing the negative consequences of their abuse.

- **Allowing abuse to continue, by not confronting the issue or turning a blind eye to it.**
- **Encouraging abuse by protecting or covering up for the abuser – i.e. the Soldier doesn't have to face the negative consequences of their actions.**

Responsible Drinking

- Responsible drinking habits will vary from person to person; biology, sociology, and genealogy all play a role in what is considered responsible drinking.
- Due to medical conditions or dependence issues some individuals must abstain from alcohol to be considered a responsible drinker.
- Responsible Drinking: Drinking in a way that does not adversely effect an individual's ability to fulfill their legal, moral, or social obligations nor does it negatively impact their health, job performance, or quality of life.